



MN/USA Wrestling Guidebook for Club Leaders

Revision 1.2



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1 MN/USA Wrestling Club Leader Basics

1.1 How to become a Club Leader with MN/USA Wrestling

To become a club leader with MN/USA Wrestling, you need to obtain a Wrestling Leader membership card. To obtain a Wrestling Leader membership card you need to follow these steps.

- Go to <https://www.usawmembership.com> and login to your existing account
Note: If you do not have an existing account, click on the “CREATE FREE ACCOUNT” button.
- Once you are logged in, click on the “Manage” dropdown at the top of the page and select “Memberships”.
- Click on the “PURCHASE / RENEW MEMBERSHIPS” button
- Select the “PURCHASE/RENEW” button next to the “Wrestling Leader” option and then follow the prompts to complete you purchase.

1.2 How to Charter a Club with MN/USA Wrestling

1.2.1 Create a New Club Charter

- Only people with MN/USA Wrestling Leader Membership cards can charter a club.
- Login in to <https://www.usawmembership.com>
- Once you are logged in, click on the “Manage” dropdown at the top of the page and select “Clubs”.
- Click “Charter your Club”
- Proceed through the steps to register your new club with MN/USA.

Note: If your practice facility would like to be named on your insurance, you will need to create an “Additional Insured Entity”. There is a \$90 cost to add this additional insured entity.

1.2.2 Renew an Existing Charter

- Login into <https://www.usawmembership.com>
- Once you are logged in, click on the “Manage” dropdown at the top of the page and select “Clubs”.
- Your existing club should be there, click “Renew Now”
- Follow the prompts to renew your charter.

Note: If your practice facility would like to be named on your insurance, you will need to create an “Additional Insured Entity”. There is a \$90 cost to add this additional insured entity.

1.2.3 Transfer Club Leader for an Existing Club Charter

- Contact the MN/USA Membership Director, Angie Bizal, abizal@mnusawrestling.org, so she can update your club information.

1.3 Getting Coaches, Athletes and Club Officials Registered with MN/USA Wrestling

1.3.1 Getting your Coaches Registered as a Wrestling Leader

- To participate in club practices or sit mat side at MN/USA events, your coaches will need to complete all these steps:



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- Sign-in to their MN/USA account (Or create one if they have never had one)
- Sign-up for a wrestling leader card (or just renew it if they have had one in the past) **(Takes approximately 15 minutes to complete)**
- Complete the background check **(Takes approximately 2 weeks to complete)**
- Complete the Safe Sport training **(Takes approximately 6 hours to complete)**
- Complete the Copper and/or the Bronze training **(Takes approximately 10 hours to complete)**

1.3.2 Getting your Athletes their MN/USA Card

- All athletes of a chartered club must have a MN/USA membership card. There are two ways for an athlete to get their MN/USA membership card:
 - The athlete's parent can create the athlete a MN/USA account and they can sign their child up for a MN/USA card.
 - The other option is for you, the club leader, to do a bulk purchase and upload all of your athletes' information. If you chose this route, contact the MN/USA Membership Director, Angie Bizal, abizal@mnusawrestling.org, so she can walk you through those steps.

1.3.3 Getting your Club Officials Registered with MN/USA

- To make sure the sport of wrestling continues to have enough referees to cover all the tournaments across the state, MN/USA is working with the clubs to develop the future referees of our sport. To accomplish this task, MN/USA would like to see the following from each club:
 - For clubs with less than 20 wrestlers, MN/USA would like to see that they have at least one registered official in their club. For clubs with more than 20 wrestlers, MN/USA would like to see that they have at least two registered officials in their club.
 - Club officials should be versed in the application of Folkstyle rules as well as Freestyle and Greco rules.
- To learn more about registering officials, training officials, and finding opportunities to officiate across the state, contact the MN/USA Mat Officials Director, Tom Kuisle, tkuisle@mnusawrestling.org.

2 Requesting to Host Tournament

2.1 Requesting to Host a Qualifier Tournament

If you are thinking about hosting a qualifying tournament, the first thing you must do is pick a date. As a tournament director, you can pick any date you want. You could pick Christmas Eve if you wanted. However, if you want to have the maximum participation and profitability at your tournament, you will want to avoid conflicts with other existing tournaments that are already on the calendar. Here is a link to the MN/USA Tournament Event Calendar:

[https://docs.google.com/spreadsheets/d/1GXShEUcOkShGrW-c0M - zUNYqIWLpjHAHNrcbDc3xPg/edit?usp=sharing](https://docs.google.com/spreadsheets/d/1GXShEUcOkShGrW-c0M-zUNYqIWLpjHAHNrcbDc3xPg/edit?usp=sharing)



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Note: If this link is ever broken, just send an email to the Tournament Coordinator, Noah Glenn, at neglenn@mnusawrestling.org.

Once you have selected a date, download, and fill out the MN/USA Tournament Sanction Request Form from the below link.

<https://docs.google.com/document/d/1KKryP1rz4ZUVQIUGW-U1tllBqhu8znJxtodDKk4McHM/edit?usp=sharing>

(NOTE: The Tournament Sanction Request Form can be found in the appendix of this document.)

Send the completed MN/USA Tournament Sanction Request Form to the MN/USA Tournament Coordinator, Noah Glenn, at neglenn@mnusawrestling.org. The MN/USA Tournament Coordinator will then:

- Check that your club is chartered with MN/USA.
- Check your requested date against the event calendar to verify we are not over booking the date in the same region of the state.
- Add your event to the official calendar.
- Reply to your email confirming you have been approved to run a sanctioned MN/USA Qualifier Tournament.

2.2 Requesting to Host a Regional Tournament

All the same steps apply to host a Regional Tournament as a Qualifier Tournament (Refer to section 2.1). The main differences are that MN/USA needs to vet out your location to make sure you can house 6-8 full size mats. As well as make sure your club has the experience and team to run a smooth well-run tournament. MN/USA will also provide the Track expert and the awards. Another difference is that the regional will be held as one big session as opposed to the qualifiers that are broken down into four distinct sessions.

2.3 Requesting to Host an Open Freestyle or Greco Tournament

All the same steps apply to host an Open Freestyle/Greco Tournament as a Qualifier Tournament (Refer to section 2.1). The main difference is that MN/USA pays a stipend for referees.

3 Regional and State Tournament Qualifying Criteria for Folkstyle

3.1 Overview

The State Tournament uses 16-man brackets at each age group and weight class. To qualify for the state tournament, a wrestler must finish top 3 at Regionals (or top 4 if participating at the Wild Card region). To qualify for Regionals, a wrestler must accumulate at least 30 points during the season from MN/USA qualifying tournaments.

3.2 Scoring Points at MN/USA Qualifying Tournaments

Wrestlers score points by competing in MN/USA qualifying tournaments during the season. A wrestler will score 40 points for 1st place, 25 points for 2nd place, 10 points for 3rd place and 0 points for 4th place. The wrestler's points will be tracked and updated every week on the MN/USA website.



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3.3 Regional Tournament Format

There will be 5 regional locations with tournaments held over a minimum of two weekends on dates and at locations determined by MN/USA Wrestling. Once a participant is eligible for inclusion in the Regional Tournaments, a participant may select to compete at any regional tournament they desire and may compete at more than one tournament provided they have not yet qualified for the State Tournament. The top 3 wrestlers at each region from each weight class will qualify for the State Tournament. There is a rotation each year, among the 5 regions, where each of them is designated as the Wild Card Region. In the Wild Card Region, the top 4 wrestlers at each weight class will qualify for the State Tournament. Regions are to be conducted in a similar manner as the state tournament with paid officials, full mats etc. Regional tournament locations will need to demonstrate the ability to host a large tournament in a successful manner to be considered by MN/USA Wrestling. Participants must have met all qualification requirements for their division to participate at a regional tournament. Each competitor must make weight at a specified weight class. No allowance is to be given; however, any wrestler not making weight has the option to wrestle in a higher weight class (THIS ONLY APPLIES TO REGIONALS). Wrestlers must wrestle at the State Tournament at the weight in which they qualified, there are no exceptions. Once a wrestler qualifies for the State Tournament, they are prohibited from participating in any other Regional Tournament. They may not wrestle at a different tournament to qualify at a different weight.

A detailed breakdown of every age groups qualification requirements can be found in the appendix.

3.4 Registration and Regional Tournament Fees

A registration cap may be implemented at locations based on what MN/USA believes a site can accommodate in a reasonable time frame based on space, number of mats, etc. A \$40.00 entry fee will be charged for each participant. MN/USA collects \$25.00 from each participant fee and the host club is entitled to the remaining \$15.00. MN/USA will provide paid officials, awards, a Track Wrestling expert (Pairing Official), and all computers and equipment for running the tournament on Track Wrestling. Host club is expected to provide all necessary table workers and other personnel to run the tournament. Host club is entitled to keep all admissions and concessions fees collected. Admission fees may be set by the host club but shall be no higher than \$7.00 per adult and \$5.00 per child. All participants will be required to pre-register on Track Wrestling. All individuals with a current USA Wrestling Leadership Card are granted free admission.

Any clubs looking to host a regional tournament (must have space for a minimum of 6 full mats but preferably 8 full mats) or anyone with questions please reach out to MN/USA Wrestling Tournament Coordinator – Noah Glenn at [naglenn@mnusawrestling.org](mailto:neglenn@mnusawrestling.org).



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4 Pre-Tournament Check List

4.1 Six to Twelve Months Before Your Tournament

Now that you have been approved to run a MN/USA Sanctioned Open Tournament, let us get to planning:

4.1.1 Reserve your Gym

- Gym space fills up fast. In most cases, gyms are booked about one year in advance, especially if it is a shared space. Contact your Athletic Director or Facilities Coordinator to reserve your Gym.

4.1.2 Find your Mats

- Under our new format of running four 90-minute sessions, we suggest you have at least 8 surfaces (4 full mats split in half). If you can do 10 surfaces, that is great. I would not do more than 12 surfaces. If you can only do 4 or 6 surfaces, I would suggest increasing each of your session time to 120 minutes.

4.2 Three Months Before Your Tournament

4.2.1 Create Your Tournament Flyer

- The tournament flyer you create will be advertised in the Guillotine Online and it will be attached to your tournament in Track Wrestling. Once you have it completed, send it to the MN/USA Tournament Coordinator, Noah Glenn, at neglenn@mnusawrestling.org. The Tournament Coordinator will then get your flyer on the MN/USA website, connect it to your Track wrestling tournament and get it advertised on the Guillotine website.

(NOTE: An example flyer can be found in the appendix of this document.)

4.2.2 Identify your Track Wrestling Expert

- You are going to need a dedicated Track expert to sit at the head table and run the tournament. We recommend finding 1-2 people in your club that are willing to be trained in this skill. If you do not have an expert or you don't know where to look for one, send an email to the MN/USA Tournament Coordinator, Noah Glenn, at neglenn@mnusawrestling.org and he will help you find one. Hiring an expert from outside your club will most likely cost you \$200.

4.2.3 Start Planning for Awards

- As the tournament director, you are responsible for ordering awards. We recommend you order from your local award shop. If you don't have one and don't know where to look for one, send an email to the MN/USA Tournament Coordinator, Noah Glenn, at neglenn@mnusawrestling.org and he will help you find one. Most tournaments have between 250-350 wrestlers at the event. Award lead time can be anywhere from 2-4 weeks and cost about \$500.

(A sample order for a 350-wrestler tournament would look something like:

93 First Places, 93 Second Places, 86 Thirds Places, 80 Fourth Places and cost about \$1 - \$1.25 each).



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4.3 One Month Before Your Tournament

4.3.1 Get Your Workers Lined Up

- It takes a small army of volunteers to run a tournament. You will need about 40 - 60 volunteers to run a smooth tournament with 8 surfaces.
 - **Example:** 8 surfaces = 8 Referees (each session), 16 Table workers (each session), 2 Security (each session), 2 Spot Check Weigh-in People (each session), 4 Concession People, 4 Admissions People, 3 Awards People, 2 Hospitality people, 1 Track Wrestling Head Table Person, 1 Tournament Director. In most cases, people will work multiple sessions.

4.3.2 Have a Team Meeting

- I know that everyone on your board agreed to host this tournament a year ago, but you need to remind them that it is coming up. You should cover all the things that are completed and all the things that need to be completed. Assign everyone a job. You do not need to run this thing by yourself.

4.3.3 Order Awards

- The lead time for awards many vary. You should probably get them on order. Worst case scenario, you get the awards in 7 days and they are sitting in your garage for 3 weeks. When the awards arrive, open the box, and take inventory. The last thing you want is to open the box on tournament day and realize you are missing awards.

4.3.4 Start Planning for Concessions

- Now is the time that you need to figure out what you are doing for concessions. Are you doing hotdogs? Are you doing Pizza? Who is going to the store and buying the food? Who is paying for it? Who are your workers? These are the types of questions you need to figure out.

4.3.5 Start Planning for Computers and Score Clocks

- In 2018 MN/USA transitioned from running tournaments on paper to running all tournaments on computers using Track Wrestling. One of the many benefits of that change was the invention of virtual scoreboards. Virtual scoreboards plug directly into the computer and display all sorts of information like time, score, wrestler name, on-deck, and in-the-hole. You are more than welcome to use any type of scoring system you would like, but since you are required to have a computer at every table, we highly recommend that you consider using virtual scoreboards. To learn more about using virtual scoreboards, send an email to the MN/USA Tournament Coordinator, Noah Glenn, at [naglenn@mnusawrestling.org](mailto:neglenn@mnusawrestling.org) and he will help you out. Renting mobile scoreboards will cost about \$500.

4.4 Two Weeks Before Your Tournament

4.4.1 Open Pre-Registration

- Now that you have been advertising your tournament for months, it is time to let the wrestler's signup. All registrations will be done via Track Wrestling pre-



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registration site. You will not accept walk-ins at the door. Opening and closing your pre-registration will all be done by your Track Expert.

4.5 One Day Before Your Tournament

4.5.1 Setup Your Tournament

- Setup admissions, weight audits, skin checks, mats, awards, and concessions. Also, your Track expert will build the brackets. Make sure you have a printer and printer paper at the head table and at the awards stand.

4.5.2 Admissions

- Pick the right people to work admissions
 - Having a good admission will set the tone for the rest of the session. Get your signs, tables and ropes all set up. You want to make sure your guests/customers know where to go and have a good experience. To do that you need motivated, overly friendly, technology competent people working at admissions. We recommend having at least three lines for admissions. Have at least four workers (one person working each line and one floater/runner person).
- Get your money boxes and credit card swipers ready
 - Even though you are not accepting wrestler registration money at your admissions gate, you are accepting spectator admissions. we recommend you have two credit card swipers and two cash boxes setup. You are going to want about \$250 cash in each box (\$100 in 5's and \$150 1's).
- Preparing the check-in sheets
 - In addition to collecting admissions money, your admissions workers will also need to check in every single wrestler that enters the building and they must send the correct wrestlers over to weight audit. **This is a very important job. If a wrestler gets past admissions without checking in, they will be removed from the tournament.** To accomplish this well, each of the 3 admissions lines is going to need their own list, of every kid in the tournament, broken down by session on individual pages. The easiest way is to print out three "packets" and have them sitting on the tables waiting for tomorrow. Your Track expert should be able to easily print this out for you, but you need to do it the day before because it does take some time to do well.

(NOTE: All individuals who show a current MN/USA Wrestling Leadership card shall receive free admission to all qualifiers and regionals.)

4.5.3 Skin Checks / Weight Audits

- Skin Checks
 - You should setup an area to do skin checks and weight audits. All athletes will be skin checked. Skin checks should have at least two lines to speed up the process. Your "skin checkers" should be somewhat knowledgeable about skin disease and looking for rashes and/or bumps on the face, hairline, toros, and extremities. Once the wrestler has completed skin



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checks, the “skin checker” will put a check mark the wrestler’s hand with a marker indicating they have completed skin checks. If a wrestler fails skin checks, the wrestler will be removed from the tournament and **no refund will be given by MN/USA**. The host tournament may refund the wrestlers registration and guest admission fees on a case by case basis with cash from the admissions cash box.

(NOTE: Images of common skin diseases can be found in the appendix.)

- Weight Audits
 - Only two brackets per session will be weight audited (approximately 8 wrestlers). The wrestler must be within 3% of the weight that their parents signed them up at (**not 3% of the max weight in their bracket**). If the wrestler fails weigh-ins, he should be brought to the head table immediately. The wrestler will then be removed from the tournament. **No refund will be given by MN/USA**. At the conclusion of the tournament, the tournament director shall send an email to the MN/USA Tournament Coordinator, Noah Glenn, at [naglenn@mnusawrestling.org](mailto:neglenn@mnusawrestling.org) and he will keep track of all the kids that miss weight across the state and see if there are patterns that may need to be addressed.

4.5.4 Mats

- Every mat should have working ankle bands, wristbands, whistle, computer, computer mouse, a mobile scoreboard and power. Make sure all computers are connected to the internet. All mats should be clearly numbered.

4.5.5 Awards

- Pick the right people to work awards
 - Just like how admissions set the tone for how your session will be run, awards will set the tone for how your session will be remembered. Again, you want to make sure your guests/customers know where to go and have a good experience. To do that, you need motivated, overly friendly, technology competent people working at awards. Have at least 3 people, one person printing out brackets, one person managing the line and handing out awards, and one person quickly getting the kids on and off the awards stand.
Veteran Tip: Make sure your awards stand has a nice background or backdrop. Also make sure you have a designated printer at awards.
- Setup the awards station in a functional way.
 - It is up to you what you want to do here, but if you have a well-organized awards area then your guest / customer experience will be much better.

4.5.6 Concessions

- Get all the food
 - It is a good idea to setup your concessions the night before. You should also confirm any vender or hot food delivery times.



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- Concessions stand workers
 - We recommend you have four to five people in the concession stand with at least one adult, one money box and one credit card swiper.

5 Tournament Day

5.1 Schedule

<u>Agenda</u>	<u>Time</u>	<u>Age Group</u>
Session 1 Check In:	7:50am – 8:20am	(Bantam – 8U), Birth Year 2014-2015
Session 1 Wrestling:	8:30am – 10:00am	(Bantam – 8U), Birth Year 2014-2015
Session 2 Check In:	9:30am – 9:50am	(Intermediate – 10U), Birth Year 2012-2013
Session 2 Wrestling:	10:00am – 11:30am	(Intermediate – 10U), Birth Year 2012-2013
Session 3 Check In:	11:00am – 11:20am	(Novice – 12U), Birth Year 2010-2011
Session 3 Wrestling:	11:30am – 1:00pm	(Novice – 12U), Birth Year 2010-2011
Session 4 Check In:	12:30 pm – 12:50pm	(Peewee – 6U), Birth Year 2016-2017
	12:30 pm – 12:50pm	(School Boy/Girl – 14U), Birth Year 2008-2009
Session 4 Wrestling:	1:00pm – 2:30pm	(Peewee – 6U), Birth Year 2016-2017
	1:00pm – 2:30pm	(School Boy/Girl – 14U), Birth Year 2008-2009

Veteran Tip: Print out a bunch of schedules and put them everywhere. All your stations should have a schedule.

5.2 Selecting the Weight Audit Brackets

- The tournament director will select two brackets from each session to weight audit. Before the tournament starts, you should highlight those wrestlers name in the check-in packets so your admissions can easily identify the wrestlers that need to be sent to weight audit.

5.3 Train Your Workers

- You are going to have to train all your workers. Make sure your admissions and concessions know how to use a money box and run a credit card swiper. Make sure the internet is working. Make sure the printer at both the awards stand and the head table are working. Make sure all your table workers showed up. Your Track expert will make sure all the computers are powered up and logged into the tournament. They will also train all your table workers. Make sure your admissions know what wrestlers they need to send to weight audits. Make sure weight audits is ready to receive the wrestlers. Now that that is all done, it is time to open the doors.

5.4 Checking Wrestlers in at Admissions

- As wrestlers check in, admissions should check their names off the list, so you know that they are in the building. Additionally, admissions should be sending the selected wrestlers over to weight audit. After the session check-in and weight audit is complete, admissions needs to make a single “Master List” and get it to the head table so the Track expert can remove all the no shows and prepare to start the session.



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Veteran Tip: Parents that have wrestlers in multiple sessions are not going to come back to admissions and recheck in their second wrestler once the next session starts. Therefore, it is very important to **check in all wrestlers that enter the building** even if they are not wrestling until a later session.

5.5 Brackets & Track Wrestling

- MN/USA will create your tournament on Track Wrestling for you. MN/USA will provide your Track expert with login information. **Your Track expert will not have to change any settings in the tournament.** The Track expert will just need to import the wrestlers in from pre-registration, build the brackets, load the mats, and run the tournament. Your tournament registration will close at 8pm two days before your tournament. Once registration has closed, your Track expert will clean-up all your tournament data in pre-registration and then import the data into the tournament. They will then create all the brackets and assign them to the mats. Once a session check-in has closed, the Track expert will update the brackets by removing the “no shows” and then start the session.

5.6 Now That the Train is Moving...

- Now that the train is moving you just need to keep it moving. In every session you are going to want to announce to people that the brackets can be viewed on Track Wrestling. Check on your table workers, check on your concessions, check on your money boxes.



6 Appendix

6.1 Sample Profit & Loss Statement

**MN/USA Youth Wrestling Profit and Loss Statement
(300 Wrestler Tournament)**

Income	Total
Wrestler Registration (@\$17 / Wrestler)	\$5,100.00
Admissions (@\$5/ Adult)	\$1,500.00
Concessions	\$1,500.00
Apparel Vendor (% of Sales)	-
Additional Food Vendor (% of Sales)	-
Total Income	\$8,100.00
Expenses	
* Track Tournament	\$50.00
* Track Credit Card Transaction (3% or Registrations)	\$153.00
* Insurance (\$3 / Wrestler)	\$900.00
* Event Sanction & Additional Insured Certificate	\$100.00
* Guillotine Advertisement	\$40.00
Track Expert	\$200.00
Mobile Scoreboard Rental	\$500.00
Awards	\$500.00
Concession Food	\$500.00
Hospitality Room	\$300.00
Referee (\$150/ Professional Referee)	-
Site Rental	-
Total Expense	\$3,243.00
Net Income	\$4,857.00

(NOTE: The * expenses are paid by MN/USA out of registrations. MN/USA sends the remaining registration proceeds back to the club via check.)

The categories that are different at every site are: Vendors, Referees and Site Rental Fees. Some clubs use high school wrestlers as referees and some clubs hire professional referees. Some clubs invite vendors, some do not. Some clubs have site rental fees, some do not. All these categories greatly vary and are up to you on how you want to handle them.



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6.2 Sample Volunteer Sign-up Sheet

	Computer Worker	Tapper	Referee
Mat 1 (Session 1, 7:30am -10:00am)			
Mat 1 (Session 2, 9:45am - 11:45am)			
Mat 1 (Session 3, 11:15am - 1:15pm)			
Mat 1 (Session 4, 12:45pm - 2:45pm)			
Mat 2 (Session 1, 7:30am -10:00am)			
Mat 2 (Session 2, 9:45am - 11:45am)			
Mat 2 (Session 3, 11:15am - 1:15pm)			
Mat 2 (Session 4, 12:45pm - 2:45pm)			
Mat 3 (Session 1, 7:30am -10:00am)			
Mat 3 (Session 2, 9:45am - 11:45am)			
Mat 3 (Session 3, 11:15am - 1:15pm)			
Mat 3 (Session 4, 12:45pm - 2:45pm)			
Mat 4 (Session 1, 7:30am -10:00am)			
Mat 4 (Session 2, 9:45am - 11:45am)			
Mat 4 (Session 3, 11:15am - 1:15pm)			
Mat 4 (Session 4, 12:45pm - 2:45pm)			
Mat 5 (Session 1, 7:30am -10:00am)			
Mat 5 (Session 2, 9:45am - 11:45am)			
Mat 5 (Session 3, 11:15am - 1:15pm)			
Mat 5 (Session 4, 12:45pm - 2:45pm)			
Mat 6 (Session 1, 7:30am -10:00am)			
Mat 6 (Session 2, 9:45am - 11:45am)			
Mat 6 (Session 3, 11:15am - 1:15pm)			
Mat 6 (Session 4, 12:45pm - 2:45pm)			
Mat 7 (Session 1, 7:30am -10:00am)			
Mat 7 (Session 2, 9:45am - 11:45am)			
Mat 7 (Session 3, 11:15am - 1:15pm)			
Mat 7 (Session 4, 12:45pm - 2:45pm)			
Mat 8 (Session 1, 7:30am -10:00am)			
Mat 8 (Session 2, 9:45am - 11:45am)			
Mat 8 (Session 3, 11:15am - 1:15pm)			
Mat 8 (Session 4, 12:45pm - 2:45pm)			
Admissions			
Concessions			
Weight Audit / Skin Checks			
Awards			
Security			
Hospitality			
Track Expert			
Tourn. Director			



6.3 Sample Tournament Flyer

2022 Coon Rapids Youth Wrestling MN/USA Folkstyle State Qualifier



Sunday, January 9th, 2022

Coon Rapids High School

2340 Northdale Blvd NW

Coon Rapids, MN 55433

Enter through the Cafeteria Doors (Door 7)

Session times:

DOORS WILL OPEN AT 8:00AM

Agenda

Time

Age Group

Session 1 Check In:	7:50am – 8:20am	(Bantam – 8U), Birth Year 2014-2015
Session 1 Wrestling:	8:30am – 10:00am	(Bantam – 8U), Birth Year 2014-2015
Session 2 Check In:	9:30am – 9:50am	(Intermediate – 10U), Birth Year 2012-2013
Session 2 Wrestling:	10:00am – 11:30am	(Intermediate – 10U), Birth Year 2012-2013
Session 3 Check In:	11:00am – 11:20am	(Novice – 12U), Birth Year 2010-2011
Session 3 Wrestling:	11:30am – 1:00pm	(Novice – 12U), Birth Year 2010-2011
Session 4 Check In:	12:30 pm – 12:50pm	(Peewee – 6U), Birth Year 2016-2017
	12:30 pm – 12:50pm	(School Boy/Girl – 14U), Birth Year 2008-2009
Session 4 Wrestling:	1:00pm – 2:30pm	(Peewee – 6U), Birth Year 2016-2017
	1:00pm – 2:30pm	(School Boy/Girl – 14U), Birth Year 2008-2009

*** All wrestlers should check-in as they enter the building, even if they are wrestling in a later session.**

Registration

- A current MN/USA card needed to register and participate at the tournament
- Pre-register only on Trackwrestling.com **Wrestlers will not be able to register at the door.**
- Pre-Registration opens **Friday, December 24th @ 12:00am** and closes **Friday, January 7th @ 8pm.**
- There is no limit on number of wrestlers or spectators allowed in each session.
- Registration is \$17.00 per wrestler (**No refunds** if you do not compete at the tournament for any reason.)

VERY IMPORTANT NOTE: If your wrestlers pull out of the tournament, please call, or send an email to the tournament director so we are not waiting for your wrestler to start the session.



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Sample Tournament Flyer (Page 2)

Admissions

- Admission is \$5 per person
- Children under 6 years old are free
- We will be accepting cash and credit card at the admissions table

Weigh-ins and Weight Audit

- We **will not** be doing a full-blown on-site weigh-in of every wrestler.
- We will use the weight that the parents signed their wrestler up at during registration to pre-build all the brackets. We are using the “Honor System” with parents to correctly select their wrestlers’ weight class.
- We **will** be doing a random weight audits of several bracket each session
- During check-in, selected wrestlers will be sent over to weight audit. Their weight needs to be within 3% of whatever weight their parents pre-registered them at. For example, if the parent pre-registered their wrestler at 50lbs, their wrestler can weigh no more than 51.5lbs.
- If a wrestler is over-weight, the parent and wrestler must report to the head table immediately. The wrestler will then be removed from the tournament and no refund will be given.

Brackets

- We will be using 4-Man Brackets.
- Our goal is to get all wrestlers at least 3 matches.

Awards

- We are placing 1st – 4th place.
- All wrestlers will receive a medal.

Concessions

- There will be concession on-site all day long.
- We will be accepting cash and credit card at the concession stand.

Vendors

- We currently have no vendors scheduled to attend this event.

Other Venue Details

- We will follow all state mandated Covid policies.
- As of right now, Masks will not be required to be worn at this event.

Contact Information

Tournament Director – Muffy Glenn, melissasglenn@gmail.com, 763-443-9528
Track Wrestling Expert – Noah Glenn, noahdglenn@gmail.com, 763-464-6718



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6.4 4-Man Round Robin - Mats vs Wrestlers vs Hours Graph

The reason this graph is important, is because you want to give wrestlers a little break between their matches. If you have too many surfaces, a wrestler may finish a match and be up again right away. In the youth level, we recommend at least a five-minute break between watches.

		WRESTLERS						
		100	150	200	250	300	350	400
MATS	12	1.0	1.6	2.1	2.6	3.1	3.6	4.2
	11	1.1	1.7	2.3	2.8	3.4	4.0	4.5
	10	1.3	1.9	2.5	3.1	3.8	4.4	5.0
	9	1.4	2.1	2.8	3.5	4.2	4.9	5.6
	8	1.6	2.3	3.1	3.9	4.7	5.5	6.3
	7	1.8	2.7	3.6	4.5	5.4	6.3	7.1
	6	2.1	3.1	4.2	5.2	6.3	7.3	8.3
	5	2.5	3.8	5.0	6.3	7.5	8.8	10.0
	4	3.1	4.7	6.3	7.8	9.4	10.9	12.5
	3	4.2	6.3	8.3	10.4	12.5	14.6	16.7
	2	6.3	9.4	12.5	15.6	18.8	21.9	25.0
	1	12.5	18.8	25.0	31.3	37.5	43.8	50.0
		HOURS						

*The assumptions are that each mat can wrestle 12 matches/hour and each wrestler gets 3 matches.



MN/USA Tournament Sanction Request Form

Event Name:

Club Name:

Date(s) of Event:

Facility Location and Address:

Tournament Director Name:

Tournament Director Email:

Tournament Director Phone Number:

Do you need a Track Expert? Yes / No

Do you plan on Renting Scoreboards? Yes / No

Do you need and “Additionally Insured” for your tournament? Yes / No

Once completed, please email your MN/USA Tournament Sanction Request Form and your completed flyer to the MN/USA Tournament Coordinator, Noah Glenn, at [naglenn@mnusawrestling.org](mailto:neglenn@mnusawrestling.org)



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6.6 Region and State Tournament Qualifications Broken Down by Age Group

Pee-Wee (6U) & Bantam (8U)

A participant will need to accumulate 30 points from MN/USA Qualifying tournaments during the current season to qualify for the State Tournament. Individuals in these divisions will not be participating in the Regional Qualification process. Competitors at State will be placed in brackets no larger than 16 based on scratch weight grouping wrestlers within 5 lbs or 10% body weight starting from the lightest wrestler in the age group and moving up. Exception being heavy weights where USA Wrestling has defined weight classes that exceed the 10% rule.

Intermediate (10U) & Novice (12U)

A participant will need to accumulate 30 points from MN/USA Qualifying tournaments during the current season to qualify for inclusion in the Regional Tournaments. A participant will need to place in the top 3 (or top 4 if participating at the wild card region) at their designated age group and weight class to qualify for the State Tournament. Once a participant qualifies for the State Tournament, they are prohibited from participating in another Regional Tournament and the participant is only allowed to wrestle at the State Tournament at the weight class in which the wrestler qualified. No weight changes are allowed under any circumstances.

Schoolboy/Schoolgirl (14U)

A participant does not need any points from MN/USA Qualifying tournaments during the current season to qualify for inclusion in the Regional Tournaments. A participant will need to place in the top 3 (or top 4 if participating at the wild card region) at their designated age group and weight class to qualify for the State Tournament. Once a participant qualifies for the State Tournament, they are prohibited from participating in another Regional Tournament and the participant is only allowed to wrestle at the State Tournament at the weight class in which the wrestler qualified. No weight changes are allowed under any circumstances.

Cadets (16U)

A participant does not need any points from MN/USA Qualifying tournaments during the current season and does not participate at the Regional Tournaments to qualify for this division. Participation at the State Tournament for this age group is limited to the first 16 individuals at a weight class. No weight changes are allowed under any circumstances.

Girls Division

A participant does not need any points from MN/USA Qualifying tournaments during the current season and does not participate at the Regional Tournaments to qualify for this division. Participation at the State Tournament for this age group is limited to the first 16 individuals at a weight class. No weight changes are allowed under any circumstances. Any female athlete that is competing in the boy's division is required to comply with any qualification procedures for that division to participate.



6.7 Skin Disease Reference Images

